

STRAWBERRY GUM, APPLE & WHITE CHOCOLATE MUFFINS



INGREDIENTS

- 1/3 cup melted coconut oil
- 1/2 cup honey or maple syrup
- 3 eggs
- 2 apples, grated (skin on)
- 1/4 cup almond milk (or other dairy)
- 1 ½ cups finely ground hazelnuts
- 1 ¼ cups gluten-free all-purpose flour
- 1 tsp baking soda
- 1 tsp vanilla extract
- 1 ¼ tsp [Strawberry Gum](#), finely ground
- 1/2 tsp Raspberry powder
- 1/2 tsp salt
- 150 grams white chocolate, roughly chopped
- 1 cup of your favourite Granola

Makes: 12 muffins

Prep Time: 10 mins

Cooking Time: 25 – 30 mins

METHOD

1. Preheat oven to 170°C and fill a 12-hole muffin pan with muffin papers.
2. In a large mixing bowl, beat the melted coconut oil and honey (or maple syrup) until creamy. Add the eggs and beat for 1 minute. Add the grated apple and milk, mix well to combine.
3. Add the ground hazelnuts, gluten-free flour, and baking soda to the wet ingredients, mix until just combined.
4. Add the vanilla, finely ground Strawberry Gum and Raspberry, sea salt, and mix to incorporate for a few seconds. Finally, fold through the white chocolate.
5. Spoon the batter evenly into the muffin papers and top with your choice of Granola.
6. Bake for 25–30 minutes or until a skewer inserted into the center comes out clean.
7. Remove from the oven and allow to cool in the muffin pan for 5 minutes before transferring muffins to a wire rack to cool before eating or if you can't resist, just let them cool for 5–10 minutes and eat them while they're still warm.

Gluten-Free / Dairy-Free / Vegetarian